

smharpole

My family has a lot of experience and knowledge in this area, as my husband has now completely healed severe Barrett's esophagus AND successfully weaned off the PPIs using all of Dr. Mercola's suggestions plus some. As a pharmacist who no longer believes drugs are the answer to any chronic condition, I can add another dangerous consequence of the PPIs--severe magnesium deficiency! Even the FDA now requires a black box warning about this. Mg deficiency can cause muscle spasms, including esophageal spasms, which slows and/or prevents normal, rhythmic swallowing that moves food downward in the esophagus. Dr. Carolyn Dean says 80% of us are mg deficiency anyway and if you have been taking PPIs, you most certainly are. Take magnesium malate or citrate twice a day forever AND Epsom salts bath soaks, and topical mg gel to boost your levels. Even the FDA acknowledges that the PPIs cause "intractable" mg deficiency--so severe that it cannot be corrected while you are taking these drugs (cause you can't even absorb it without an acid stomach). A perfect storm of issues to set you up for a life time of problems that neither your internist nor your gastroenterologist understands at all. Remember, they were taught in medical school that drugs are the quick answer for everything. **WRONG!!**

Posted On 02/15/2017

Mary632009

Thank you for adding this as I had forgotten to in my comment. I have taken magnesium citrate forever since I have been on prilosec. Trying to get off of it now!

Posted On 02/15/2017

grulla

I only wised up tp apple cider vinegar (ACV) about a year ago, wish I had changed a lot earlier due to having used excessive antacids over time. Two tablespoons of ACV are stirred into a glass of water with nearly curative results for acid reflux and heartburn, what a difference. Don't drink ACV straight, very corrosive, always mix with an 8 oz glass of water.

Posted On 02/15/2017

Maritt

In the U.K. Aspall cider vinegar is now available in an unfiltered form (get it from supermarkets as a very affordable price). It is yummy mixed with water - drink before a meal.

Posted On 02/15/2017

grulla

Hi "Maritt", the Bragg's ACV sold at my food co-op is unfiltered and is touted as being produced with the "mother". I recently noticed Heinz has that available also at the supermarket, but prefer to buy the organic Bragg's version. bragg.com/.../bragg-organic-apple-cider-vinegar.html

Posted On 02/15/2017

remitrom

I was on Prilosec for several years after recovering from ulcerative colitis and GERD. I know first hand the dangers of fracture from this. I did a banana peel slip in my driveway and a quick flash of a broken tailbone had be grabbing for the garage door handle with one hand and my Jeep bumper with another. The force of me stopping myself pulled everything taut in my knee which snapped off a part of my kneecap into multiple pieces. Let me tell ya, recovery was no picnic! Where the break was, I had to have things re-attached on a different part of my kneecap. Now, that knee no longer hinges up and down but sort of to the side and then down. I have spent the last several years while maintaining my weight, to making that knee stronger. I am no longer paranoid about hurting it again but neither can I really do high impact stuff like running and jump rope without really feeling later. I was lucky because all the cartilage and meniscus and other structures of the knee were ok. I credit coconut oil, probiotics and fermented foods with helping me kick that Prilosec habit. Now I eat anything I want and so far, I really haven't had any major heartburn in years.

Posted On 02/15/2017

mar3425

I have noticed huge positive effects from taking a few teaspoons of Bragg's apple cider vinegar in the morning. My digestion of fats is improved and acid reflux is no longer an issue.

Posted On 02/15/2017

LeapingLilly

Apple cider vinegar works fine for me. Worked on everyone I told to try it.

Posted On 02/15/2017

Almond

Get rid of the most obvious crap foods from your diet immediately. Drink lots of "good" water. Consider using cayenne for healing your stomach.

Posted On 02/15/2017

maxxon

The reason plants, specifically peppers, evolved with high concentrations of capsaicin was a self preservation technique, not for medicinal purposes. To protect their seeds (method of reproducing) from being devoured by animals, plants have developed many different methods. Making them unpalatable was the most often used method. Humans are animals. Hot spicy foods are in general found in hotter climate areas because they were used as a preservative. No doubt civilizations that consumed these foods slowly evolved a greater ability to digest such food.

Posted On 02/15/2017

shadyray

Aside from getting rid of all processed food (actually just processed chemicals) in my diet I take digestive enzymes with each meal and that cured all issues with my acid reflux.

Posted On 02/26/2017

barbara131

Does anyone have experience of acid reflux following chemo drugs Capcetabine and also Avastin? The cause is obviously different and so the treatment maybe also....its a worrying problem and the medics keep recommending Omparosol

Posted On 02/26/2017

ejaleo

if you have acid reflux disease you have to wait 6 hours after eating b4 going to bed...not 3-4 hours !!!!

Posted On 02/15/2017

Mudvayne24

I was on Nexium for 7+ years when the "wonderdrug" first came to market. My mother is a nurse and I was, unfortunately, a young teenager at the time and didn't know any better. I've been off of it for a good 8 years+ by now, but I'm still afraid some type of kidney, brain, or other damage will eventually catch up with me due to it's massive overuse. I guess one can only do their best to heal themselves and live the best lifestyle that they can. Here's to good health from here on out!

Posted On 02/15/2017

dude01

Mudvayne24, stop being afraid of what will catch up to you. What will be, will be. Keep putting good nutrition in, and keep eliminating that which has been nutritionally consumed within the past 24 hours. Sweat, periodically fast, and stay active. Your body is constantly growing new, clean, healthy cells, and eliminating older dead and dying cells. You've already done the right thing by eliminating the "wonder drug". You're on the right track!

Posted On 02/26/2017

BillieBob

My wife's grandmother had suffered most of her adult life with severe "acid indigestion". One time when she came to visit from California, we convinced her to try some betaine hydrochloride tablets telling her that the problem was probably too little stomach acid, not too much. I got this information from reading Adelle Davis.

She started taking one or two tablets in the middle of her meals and suddenly her "acid indigestion" went away. Before this, she had to eat at least three or four hours before bedtime or she would suffer all night. The night before we left, we took her to a favorite Mexican food restaurant where she had a hearty meal. We took her home and, because it was late, she went right to bed - no digestive distress at all!

She continued with the betaine hydrochloride after she returned to California and continued to have relief from her problem. She had two brothers with the same problem whom she could not convince to try the tablets. They continued to suffer.

Posted On 02/15/2017

kedowd

I have suffered from bile reflux since '09. I haven't been able to figure out what triggers it, except stress. I am currently having an attack, with pain in my esophagus, liver and kidneys. My gastro doctor treats it like acid reflux, it seems to me. He has me on Carafate and Prevacid. I think I'll stop taking the Prevacid after reading this article.

I had my gall bladder removed years ago and it seems my body makes too much bile. Some supplements that I take, such as curcumin, increase bile flow. I don't know if this is a good thing or a bad thing? If anyone has any experience dealing with bile reflux, I'd be most interested in hearing how you treat it. It is more serious and difficult to treat than acid reflux, and I get the idea that most doctors really don't know what to do about it.

Posted On 02/15/2017

maxxon

I rarely if ever have heartburn since I pay close attention to what I consume. I have always, always been suspicious of these powerful acid blockers. If you continually tell your body to stop making stomach acid, sooner or later your body will learn it does not need to make any. When that happens your digestion process will be gone. Then in order to live you will need an artificial supply of the very thing your body is supposed to do. So, find out what causes your heartburn before damaging your bodies natural process. Maybe this is the plan all along. Acid supplementation for the rest of your life. Sound too devious for Big Pharma? Believe me it is not. Stop eating the foods your body can't handle normally. With all the hoopla about eating scorching hot peppers being good for you ask yourself why nature produces them. Ever consider it was natures way to prevent the plants way to reproduce by making the seed containers unpalatable? What wild animals do you see eating jalapenos? Birds might be able to since they don't have taste buds but that about it.

Posted On 02/15/2017

Mary632009

Wow! I already knew most of these facts, & am on Omeprazole (prilosec), & have been for years. I was diagnosed with bleeding ulceration of my esophagus quite a few years ago, & was also told I would have to take this forever. I had also a bleeding duodenal ulcer when I was about 28 years old. Was put on acid reducers then. Due to also having severe genetic osteoporosis, I have been trying to get off of the prilosec. Having a very difficult time doing so also. I did the Forteo route for my bones injecting myself everyday for 26 months with a drug that can give you bone cancer that I finished in December of 2012. Bone scan showed much improvement, but the last bone density I had in 12 of 16 showed I was in trouble again. They want me to take 2 shots a year of Prolia! About the same med as before. Can't make up my mind whether to do it or not. Don't want a broken hip to put me done for the rest of my life. (Now 70 1/2) Although this is genetic, I am sure using prilosec for years & years hasn't done anything to help for this & other conditions that I have. I was advised by a really good PA to try taking one every other day, then every 3 days etc... Didn't work. Had heartburn very badly. I have tried baking soda, tums, & about everything except what Dr. Mercola has suggested in this article. I am out today to get some apple cider vinegar for sure! I already use organic coconut oil for cooking, but never thought about putting it in my coffee. What a great idea! It's one of my favorite taste things anyway. I have allergies to many things, so will have to try different things one at a time. Am allergic to apples so a bit worried about the apple cider vinegar. Any thoughts? Oh, am not overweight at all. Have actually lost 30 pounds I didn't need to lose in the past year after having a colostomy. No doctor can explain this, & the surgeon actually told me to eat more! Can you believe that one? The more I eat, the more I lose! I am only 114 pounds now, & cannot lose anymore!

Posted On 02/15/2017

Mary632009

Just to add, as Almond suggested, I do walk the dog after her & my dinner each day. It does help with digestion, but not the heartburn for me at least. Now that our false Spring is here I hope to get out & walk more (with cell phone in pocket of course just in case). Can't walk much in the winter because of ice. One fall would do me in! I love walking not just for the body, but the mind too. Good to visit with not only nature, but neighbors too. Good for the spirit.

Posted On 02/15/2017

maxxon

Do some research into using orange zest or rind in some form to get the orange oil. Orange oil is a very old remedy.

Posted On 02/15/2017

BillieBob

Mary6,

See my post elsewhere on this page. If you decide to try betaine hydrochloride, my suggestion is to start with half a tablet and take it in the middle of the meal. That way, it's not going into an empty stomach.

If that dose does OK, try a whole tablet next time. Increase the dose each meal if last meal's dose didn't make things worse. Don't take more than is recommended on the label.

If a dose makes things worse, drink a bunch of water to dilute the acid and, for the next meal, cut back to the previous dose. If the first dose makes things worse, drink a bunch of water to dilute the acid and don't ever take it again.

Either you have weak stomach acid in which case betaine hydrochloride will help or you don't in which case it won't help and may make it worse. This is not something you can work your way into. Either it helps or it doesn't.

I'm not a medical professional. I'm just an old codger who's seen that stuff work a miracle in an old lady's life.

Posted On 03/03/2017

Randyfast

Is there anything in this society that 'isn't' killing us? Sometimes, I really wonder!

Posted On 02/15/2017

dude01

Good morning, Randy. There are a few things that aren't killing us.....sprouts, kale, collards, spinach, leeks, blueberries, etc. In other words, all things that grow naturally. It's those little magic pills in the cool looking boxes, that are advertised on the idiot box that are doing a good job of killing people, or making them sicker from the many side effects, short and long term.

Posted On 02/26/2017

Almond

Also, include at least gentle movement to promote digestion. Walking and stretching exercises are excellent. Drink lots of plain water, too.

Posted On 02/15/2017

dude01

Good morning, Almond. When reclining, gently massaging one's colon can also be of additional benefit.

Posted On 02/26/2017

Guillermou

Research shows that other risk factors for heartburn include: older age, excessive body mass index (BMI), smoking, diabetes, stress, lack of sleep, anxiety/depression, and sedentary lifestyle.

www.peptest.co.uk/wp-content/uploads/2021/03/2020_Boulton_et_al_A_narr.. (2021).--- Long-term shift workers may be at increased risk of GERD, but the excess risk may be explained by poor sleep quality, unhealthy behaviors, depressive symptoms, etc. www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2023.. (2023).--- This study is very comprehensive: Dietary and lifestyle factors related to gastroesophageal reflux disease: a systematic review www.ncbi.nlm.nih.gov/.../PMC8055252 (2021).----- Studies clearly suggest that psychosocial stress could have a significant relationship with reflux esophagitis and could potentially play a role in symptom presentation and natural history.

There is a strong association between stress and reflux esophagitis and the strong possibility that patients with refractory GERD may have comorbid psychosocial health problems. Stress may include an increased level and frequency of exposure to esophageal acid, inhibition of gastric acid emptying, or stress-induced hypersensitivity. A mindfulness-based intervention for the relief of anxiety symptoms and quality of life in gastroesophageal reflux disease. www.ncbi.nlm.nih.gov/.../PMC3576549 (2013).--- www.sciencedirect.com/science/article/abs/pii/S0016508507021713 (2008).--- gut.bmj.com/.../1191.short (2007) mspsss.org.ua/.../21 (2018).--- www.sciencedirect.com/.../S2666149723000208 (2023).-- www.sciencedirect.com/.../S2666149723000208 (2023).--

Posted On 04/10/2024

Guillermou

Various endogenous and exogenous stressors that disrupt gastrointestinal physiological functions and promote inflammation, tissue damage, ulceration, gastrointestinal bleeding, gastroesophageal reflux disease (GERD), irritable bowel disease (IBD), and gastritis. www.melatonin-research.net/.../120 (2021) The protective role of melatonin on the gastric mucosa is due to the inhibition of the secretion of gastric acid and pepsin. Gastric acid and pepsin are two important invasive factors in the pathogenesis of gastric ulcers and are associated with stress-induced gastric mucosal lesions. It has been observed that in animal models of chronic gastric fistula, melatonin reduced gastric acid and also increased plasma levels of gastrin.

It is suggested that this inhibitor of the effect of melatonin is related to the central nervous system. Melatonin is also believed to control alkaline secretion in the presence of acid in the lumen. Melatonin has been shown to protect the gastrointestinal mucosa by stimulating the production of mucosal HCO₃ by causing the release of intracellular Ca²⁺ in enterochromatic cells. In the link ----1) Melatonin and mucosal protection and ulcer Healing. ----2) Melatonin and Helicobacter pylori.

----3) Melatonin and stomach cancer. ----4) Melatonin and intestinal functions ----5) Melatonin's effects on intestinal bacteria and the bacteria's effects on the amount of melatonin. ----6) Melatonin and irritable bowel syndrome. ----7) Melatonin and inflammatory bowel disease. ----8) Melatonin and colorectal carcinoma. ----9) The role of melatonin in liver. ---10) Melatonin and pancreas. ----11) Melatonin and appetite. www.mednews.care/wp-content/uploads/2024/02/therapeutic-applications-o..pdf (2024).--

Posted On 04/10/2024

Antisandman

I have found that eating or drinking the juice of a red beet is a good test of stomach acid pH. The red is a protein that should be digested. If your urine or feces is pinkish or red, you likely have low stomach acid. The pH of the food slurry as it leaves the stomach must be 2.5 or lower for the proper signals to be sent to the pancreas and liver to release bicarbonate, enzymes and bile. Digestion is a disassembly line. If that line starts out wrong, the whole process is incorrect. A good supplement to take is Betaine HCl with pepsin. I started years ago with one capsule then went to two before meals.

After years I now need none, but I do watch my diet. I feel that my digestion was massively disrupted by Roundup. Betaine is trimethyl glycine. Glyphosate is an analog to glycine that can interrupt all the processes that require glycine. Betaine can donate two methyl groups for the body to use wherever. An example is two methyl groups can change homocystein, an indicator of heart disease, to methionine, an indicator of heart health. Natasha Campbell McBride in her GAPS protocol requires betaine HCl supplements. Almost all autistic people have digestive dysfunction.

After donating the two methyl groups, betaine is now pure glycine and can be used where it is needed so the body does not use glyphosate instead. Glyphosate is an unwanted gift from Monsanto that keeps on giving. It gets used in place of glycine and then since it does not function like glycine, the proteins it inhabits get broken down through autophagy and gets reused again and again if pure glycine is not available. My digestion has normalized so much that I can eat potatoes and bananas without farting. My family and friends are very pleased with that development.

Posted On 04/10/2024

RayReitzel

Yes Apple cider vinegar in water is a very good remedy for heart burn. It is cheap, used at room temperature, and easy to use . I always keep a bottle of it in my medicine cabinet. I use it daily when thirsty, and cut out soft drinks by 95%. It also helps to lose weight. Enjoy Ray Reitzel

Posted On 04/10/2024

lesleybethune

"Using neurophysiological testing, the study found statistically and clinically significant impairments in the participants' executive functions, visual memory and planning function, each of which is associated with Alzheimer's disease." Should be neuropsychological???

Posted On 04/10/2024

MrPOrangi

Many prescription safe and effective "medicines" clearly state on the insert can cause GERD gastric oesophagus reflux disease !!! Take ppi's acid blockers for 6 months or more then have osteoporosis starting because of no acid in tummy to extract nutrients from food. I know from first hand experience.

Posted On 04/10/2024
